

Tug-of-War

Anger vs. Patience

My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing.

So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God. Therefore lay aside all filthiness and overflow of wickedness, and receive with meekness the implanted word, which is able to save your souls.

James 1:2-4, 19-21 (NKJ)

HAVE A THOUGHT YOU'D LIKE TO SHARE?

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Key: Frequency, Intensity, Duration, Denial, Nothing, Root, Worth, Needs, Expectations, Listen, Appropriately



Friendswood
United Methodist Church

Anger

When is anger a sin? Usually.

Patrick Morley in *The Man in the Mirror*

Then Jesus asked them, "Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?" But they remained silent. He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, "Stretch out your hand." He stretched it out, and his hand was completely restored.

Mark 3:4-6

In your anger do not sin.

Ephesians 4:26

It's not how we feel inside, but what we do with our feelings that determines whether or not our anger is sinful.

Better a patient man than a warrior; a man who controls his temper than one who takes a city.

Proverbs 16:32

Some common problems with Anger

1. The problem of _____
2. The problem of _____
3. The problem of _____
4. The problem of _____

The Destructive power of Anger

In your anger do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold.

Ephesians 4:26-27

It devours itself and others. It lays waste. A modern symbol of it is the policy of the scorched earth policy.

Henry Fairlie

Patience

1. Do _____

No man can think clearly when his fists are clinched.

George J. Nathan

A wise man fears the Lord and shuns evil, but a fool is hotheaded and reckless. A quick-tempered man does foolish things ...

Proverbs 14:16-17a

2. Seek the _____ of your Anger

A. Our _____ is denied or questioned

B. Our basic _____ go unmet

The deepest principle in human nature is the craving to be appreciated.

William James

C. Our _____ are unfulfilled

3. _____

Let every man be swift to hear, slow to speak and slow to get angry.

James 1:19

Knowledge speaks, but wisdom listens.

Jimi Hendrix

4. Respond _____

If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over.

Matthew 18:15

In your anger do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold.

Ephesians 4:26-27